

WEATHERIZATION ASSISTANCE PROGRAM

By Cerell Rivera

WAP ARRA Program Specialist



Honolulu Community Action Program (HCAP) is offering free compact fluorescent light bulbs (CFLs), solar water heating systems,

low-flow shower heads, and energy conservation education to qualifying households on Oahu through funding from the American Recovery and Reinvestment Act, the U.S. Department of Energy, and the State of Hawaii Office of Community Services.

HCAP's Weatherization Assistance Program (WAP) has already helped residents throughout the island save money and positively impact Hawaii's natural environment.



Seniors at D.E. Thompson Village in Ewa Beach are currently enjoying savings from CFLs they received from HCAP.

The Kamaka family in Nanakuli was among one of the first families to receive a free solar installation from HCAP this year. The family is thrilled with their new solar system and is already seeing quantifiable savings on their energy bills.

DO YOU QUALIFY?

Individuals and families are eligible for WAP if their household income is at or below the income levels listed in the table to the right, OR, if a member of the household has received TANF or SSI cash assistance payments within the past 12 months.

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Number in Household:	Household Income At or Below:
1	\$24,920
2	33,520
3	42,120
4	50,720
5	59,320
6	67,920
7	76,520
8	85,120
Additional members add:	8,600

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Priority is given to seniors (ages 60 and over), people with disabilities, families with young children, high residential users, and households with high energy burdens.

HOW DO YOU APPLY?

Honolulu Community Action Program is accepting WAP applications on an ongoing basis. To apply, please contact the HCAP District Center nearest you to schedule an application appointment and to learn what other HCAP services might be available to you. HCAP staff does an excellent job of making the process easy and comfortable for applicants.

HCAP Central District Center488-6834
(Serving Waipahu; Wahiawa;
Ewa Beach; North Shore)

HCAP Leahi District Center732-7755
(Serving Hawaii Kai to Nuuanu)

HCAP Leeward District Center696-4261
(Serving Makakilo to Makaha)

HCAP Kalihi-Palama District Center847-0804
(Serving Nuuanu to Shafter)

HCAP Windward District Center239-5754
(Serving Sunset to Waimanalo)

SOME EASY WAYS YOU CAN SAVE ENERGY AND MONEY...

- Cutting just two minutes per shower can save up to \$460 per year¹.
- Replacing eight incandescent bulbs with CFLS will typically use

75% less energy and last three to four times longer².


- A well-designed and properly sized solar water heater can reduce water heating costs by 80% to 90%². The average family can expect to save around \$700 per year by replacing their electric water heater with a solar system³.
- Instead of a clothes dryer, tap into the warm sun and the tradewinds to dry your clothes and help them last longer. You'll save over \$300³.

HCAP's mission is to provide opportunities and inspiration that enable low-income individuals or families to achieve self-reliance. HCAP believes that everyone should have the opportunity to contribute, to the best of his/her capabilities, and share in our society's social and economic well-being and prosperity.

¹—. "Energy Tips & Choices." A Guide to an Energy-Efficient Home. Ed. Hawaiian Electric Company. Honolulu: Hawaiian Electric Company, Inc., 2009. 1-72.

²Hawaiian Electric Company. "101 Ways To Save." Honolulu, 2009.

³Blue Planet Foundation. Energy Efficiency. 9 November 2009. Blue Planet Foundation.

10 November 2009 <http://www.blueplanetfoundation.org/bpf-cushy-uploads/energyefficiency_11_4008667.pdf>. 



AARP TAX-AIDE FOUNDATION

2010 HAWAII SITE LISTINGS

OAHU – Honolulu

Harris United Methodist Church (O-22)
20 S. Vineyard Blvd., Rm 11,
Honolulu, HI 96813
Tues & Wed 9am – 1pm
Chinese, Japanese & Filipino spoken
e-file available

Waikiki: Paki Hale (O-3)
3840 Paki Avenue, Honolulu, HI 96815
Tues & Thurs 8:30am – 11:00 am
e-File available

AARP Information Office (O-30)
1199 Dillingham Blvd., Unit A-106,
Honolulu, HI 96817
Mon thru Thurs 3pm – 6pm, Sat 9am – Noon
Closed Mon Feb 15 • e-File available

Lanakila Multipurpose Sr. Center (O-1)
1640 Lanakila Avenue, Honolulu, HI 96817
Mon 8am – Noon • Closed Feb 15
Appointment Required
Iris Hiramoto (808)-847-1322
Japanese & Korean spoken • e-File available

Liliha Public Library (O-14)
1515 Liliha Street, Honolulu, HI 96817
Tues & Thurs 9am – Noon
Chinese spoken • e-File available

Oahu WorkLinks (O-33)
1505 Dillingham Blvd, #110, Honolulu, HI 96817
Mon & Wed 11am – 3pm
Appointment Required 843-0733
Closed Feb 15 • e-file available

Kalihi/Palama Public Library (O-44)
1325 Kalihi Street, Honolulu, HI 96819
Fri 9am – 1pm • Closed Mar 26 & Apr 2
e-File available

Susanna Wesley Community Center (O-31)
1117 Kaili Street, Honolulu, HI 96819
Sat 9am – Noon • Closed Mar 13
e-File available

Aina Haina Public Library (O-4)
5246 Kalanianaʻole Hwy., Honolulu, HI 96821
Fri & Sat 10:30 am – 2:00pm
Closed Sat 2/13, Fri 3/5, 12, 19, 26 & 4/2
e-File available

Hawaii Kai Public Library (O-42)
249 Lunalilo Home Road, Honolulu, HI 96825
Sat 9am – Noon • Closed Feb 13, Mar 27
& Apr 3 • e-File available

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Central Union Church (O-9)

1660 S. Beretania Street, Honolulu, HI 96826
Tues & Thurs 8:30am – 11:30am
Japanese spoken • e-File available

Nursing Homes/Home-bound (O-32)

Sat ONLY 9am - Noon
Cantonese, Mandarin, Vietnamese,
Tagalog & Ilocano spoken
Appointment Required
Jodi Poaha (808)-479-2289 • e-File available

OAHU – Windward

Kahuku Public/School Lib. (O-18)

56-490 Kamehameha Hwy., Kahuku, HI 96731
Thurs 9am – 1pm • e-File available

St. Christopher's Episcopal Church (O-5)

93 N. Kainalu Drive, Kailua, HI 96734
Mon & Wed 9am – 11:30am • e-File available

Community of Christ Church (O-6)

45-119 Kaneohe Bay Drive,
Kaneohe, HI 96744 • Tues & Thurs 8am – Noon
Appointment Required
Lois or Goro (808)-247-4178
Japanese & Chinese spoken • e-File available

OAHU – Central/Leeward

Aiea United Methodist Church (O-13)

99-101 Laulima Street, Aiea, HI 96701
Tues 8am – 12pm • Closed Apr 13
e-File available

St. Jude Catholic Church (O-23)

92-455 Makakilo Drive, Kapolei, HI 96707
Thurs 9am – 1pm • e-File available

Waialua Community Assoc. (O-12)

66-434 Kamehameha Hwy.,
Haleiwa, HI 96712
Tues 9am – 1pm • e-File available

Wahiawa Public Library (O-7)

820 California Avenue, Wahiawa, HI 96786
Mon 9am – 1pm, Thurs Noon – 4pm,
Closed Feb 15
Japanese spoken • e-File available

Waianae Community Center (O-16)

85-670 Farrington Hwy., Waianae, HI 96792
Tues & Thurs 8:30am – Noon
Filipino spoken • e-File available

Waipahu United Church of Christ (O-26)

94-330 Mokuola Street, Waipahu, HI 96797
Mon & Thurs 8:30am – 12:30pm
Tagalog, Visayan & Ilocano spoken
e-File available ☎

WHAT IS ADULT DAY CARE?

By Joel Nakamura,

Caregiver Information Specialist

Adult Day Care (ADC) provides socialization, activities, and supervision to an adult who should not be left alone. This is a vital service for many family caregivers who work during the day. By using ADC, caregivers extend their ability to care for a loved one at home, delaying or eliminating the need for placement in a care facility.

Most ADC centers have an application fee and require a minimum attendance of once or twice a week. TB and medical clearance is required. Hours are usually around 7 a.m. to 5 p.m. Some open earlier and/or close later. A few licensed ADC centers are for a few participants in a private home; others accommodate larger groups in bigger facilities.

Prices are typically \$50- \$80 a day and can quickly add up for frequent participants. However, when compared to the cost of hiring in-home care (\$20-30/hour), ADC is substantially cheaper for the same amount of supervised hours (\$5-\$10/hour).

The daily rate should not be the only consideration when looking for an ADC center. Hours of operation, meals, services offered, and qualifications of the staff will vary. For example, one center may offer nine hours with one meal and another may offer 12 hours with two meals at the

same cost. Alternately, if you only need a few hours of ADC, keep in mind that the daily rate is a flat rate.

A few ADC centers offer showers and other grooming services. Some offer assistance with eating and toileting, while others may require participants to be totally ambulatory. Criteria vary with each center so do not be discouraged if your loved one is not accepted- there are many others to try out. On Oahu there are nearly 30 licensed ADC centers.

In addition to ADC, there is Adult Day Health (ADH). ADH is a higher level of care for those who need nursing level care. A doctor determines if a patient requires nursing level care. Some ADH centers, such as Maluhia and Leahi, only offer this higher level of care. Other ADH centers such as Salvation Army and Central Union Church will offer both ADH and ADC. ADH is a higher level of care so ADH centers may offer ADC but ADC centers may not offer ADH.

For more information on Adult Day Care and Adult Day Health, call the Senior Helpline at **768-7700** or refer to the Family Caregiving Guide, available online at www.elderlyaffairs.com or for borrow from most public libraries (#H 649.8 Ho). ☎



BITS & PIECES

By Tony Baccay

The Mayor's 44th Senior Recognition Program: For the 44th consecutive year, the Mayor and the Honolulu Committee on Aging are honoring senior volunteers on Thursday, April 8, 2010 at the Hawaii Convention Center, 9 a.m. – 11:30 a.m. Family, friends, and the public are welcomed to help celebrate the accomplishments of those who gave time and shared their talents to make a difference in the lives of others. The awards program will recognize each individual's achievements in developing interests, attaining personal goals, and overcoming adversities. For more information, call the Senior Helpline at **768-7700**.

Correction to phone number: Catholic Charities Hawaii has moved to the Clarence T.C. Ching Campus at 1822 Keeaumoku Street. Their new phone number is **524-HOPE (4673)**. The phone number in the previous edition of Aloha Pumehana was advertised incorrectly.

New EAD Fax Number: EAD's Fax number has changed to **768-7720**.

Census 2010 - Jury Duty Myth: In the state of Hawaii, jury selection is done through Motor Vehicle Registration, **NOT** through information collected by the Census. Please look for your questionnaire in the mail, fill it out, and send it back. It's important that **EVERYONE** gets counted! ☺

APPRECIATION TO ALL VOLUNTEERS AND SUPPORTERS

By Shim Kanazawa,
Co-Founder of Project Dana

(The following speech was delivered during Project Dana's 20th Anniversary Program on January 31, 2010. Editor)

On behalf of the Project Dana Advisory Council, I'd like to thank all volunteers and supporters of Project Dana for your sincere commitment to make the 20th anniversary celebration such a meaningful and successful event.

The question is raised: What do we do next? We have been made increasingly aware of the universality of frailty and aging, and we wish to pass on the value and significance of volunteer caregiving to the next generation. It is an opportunity to make aging an uplifting experience and to engage young people into participating what they might do to be of assistance and comfort to their grandparents. We have recently added a thoughtful, care giving University of Hawaii student, **Bryson Ho**, to the Council Board and hope he'll be a model for the future youths who are willing to care for the elderly.

We know that, throughout our nation and the rest of the developed world, the elderly sector is expanding more rapidly than the rest of the population (with Japan experiencing the largest impact of an aging society). This growth will definitely continue into and perhaps through the 21st century. The group of elders aged 85 and older often fall into the category of "frail elderly" because they have disabilities that require ongoing care.

Government agencies have outreach programs but it is often challenging for them to penetrate the diversity of cultural systems. Families are eager to retain their privacy, and they do not always want to admit that they need assistance. When family members find themselves unable to deal with aging issues, they often feel more comfortable with attention provided by member of their own religious congregation, and this is why programs like Project Dana are so essential and valuable.

To all of our wonderful volunteers, let me convey deep appreciation for the kindness you give to our Kupuna – increasing their happiness and well-being in very significant ways. My hope for 2010 and beyond is that everyone will continue your good deeds and remain powerful role models, placing caregiving in ever bolder relief, not only locally, but nationally and globally as well.

An important "feather in the cap" for Project Dana was being recognized as one of the "best practice caregiving programs in the nation" because of the extraordinary contributions and talents of our volunteers, and, of course, **Rose Nakamura**, who became the initial recipient of the Rosalyn Carter Caregiving Award in 1993 and who was honored as one the outstanding models of caregiving by the AARP Magazine this year. Such recognition of Rose and of your fine work has placed a shining spotlight on Project Dana nationwide and around the world.

Much has been accomplished the past 20 years and it is time to recommit ourselves and continue in the spirit of Dana, making it a household word for encouragement and compassion for all. ☺

EAD WELCOMES NEW COUNTY EXECUTIVE ON AGING AND BUDGET ANALYST

By Tony Baccay

The Elderly Affairs Division (EAD) welcomes **Elizabeth Bethea** as the new County Executive on Aging. “Having this job is a dream-come-true,” said the former administrator of the Adult and Community Care Services Branch with the State Department of Human Services. With a Master’s degree in Social Work and an interdisciplinary Ph.D., she feels blessed to be in this leadership position, and poised to make the maximum contribution based on her experience, education and skills.

Elizabeth put herself through school by working in nursing homes, where she experienced the joy, honor and privilege of being able to assist others with such intimate tasks as bathing, dressing, eating, getting in and out of bed and into wheelchairs, and she knew even then that serving elders was her life’s purpose. She worked as a medical social worker and as a program administrator with Adventist Health Systems in Colorado. In addition to many years of serving seniors and their families through direct social work services in home and hospital settings, she helped to create and administer a new hospice program and a new Department of Medical Social Services. Elizabeth continues to rely on those early administrative and program development experiences to inform and guide her work on behalf of seniors on O’ahu.

She loves reading and has been seen leaving the Waikiki library with a stack of books above her head. She is also an animal and nature lover and enjoys hiking, sailing and hanging out on the beach with her dog, Maudie, who accompanied her from Boulder to Honolulu.

Elizabeth describes herself as an eternal optimist; the bigger the challenge, the more determined she becomes. She says this job will be her last job, and has no desire or plans to retire. She hopes to have two or more decades at EAD to enact initiatives to expand services through trained volunteers, especially as Baby Boomers age into the 60+

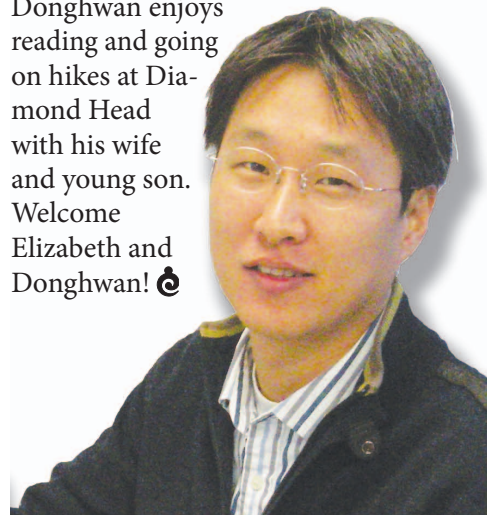
population in massive numbers. To her, failure is not an option, and success is guaranteed so long as all of us who care take

akamai action. She looks forward to spending the rest of her life working with O’ahu’s kupuna to contribute to a better life for all of us in our later years. As Elizabeth says, “To be able to live, serve and age well in paradise...well, it just doesn’t get any better than that.”

Donghwan Kim is EAD’s new Budget Analyst. He performs budget and management analysis work, including assisting in the administration of the fiscal operations of all programs in EAD. He develops, analyzes and executes federal and state funded programs and services delivered by contracted agencies.

A graduate of Sogang University in Seoul, Korea with a Bachelor’s degree in business administration, he worked at many financial companies including Citibank and CitiFinancial in Seoul and Ohana Pacific Bank in Honolulu. He joined the Department of Community Services in December 2009.

“No straight lines make up my life and all my roads have bends. There’s no clear-cut beginnings and so far no dead-ends,” lyrics from Harry Chapin’s All My Life’s a Circle are words he lives by. Living in Hawaii since October 2007, Donghwan enjoys reading and going on hikes at Diamond Head with his wife and young son. Welcome Elizabeth and Donghwan! ☺



CAREGIVER'S CORNER

By May Fujii Foo

Powerful Tools for Caregivers (PTC), a new program for caregivers, is off to a successful start. The workshop facilitated by two trained staff began in early January and was held at Kapiolani Community College. The first group of participants was primarily caregivers of family members diagnosed with Parkinson's disease. PTC is an educational program provided in a supportive environment for family caregivers of older adults. The program empowers caregivers to reduce the negative effects of caregiving and to practice self-care. PTC is designed to be conducted in 2½ hour sessions, once a week for 6 weeks. The program teaches tools that provide useful techniques for improving caregivers' emotions, self-care behaviors, and self-efficacy. Each week's session covers a different topic such as identifying and reducing personal stress,

communicating effectively, and dealing with challenging situations. The entire workshop focuses the caregiver. Taking care of the caregiver also benefits the care receiver. Future plans include offering a 90-minutes version of the program.

In addition to the PTC program, EAD is into its 4th year of providing the Chronic Disease Self-Management Program (CDSMP) along with other partners Alu Like, Child and Family Service, Kokua Kalihi Valley, Lanakila Meals on Wheels, St. Francis Stay Healthy at Home, the state Department of Health and the Executive Office on Aging. The program has expanded to include Arthritis Self-Management

Program (ASMP) and Diabetes Self-Management Program (DSMP). These workshops also consist of 2½ hour sessions, once a week, for 6 weeks and are aimed at seniors with chronic health conditions. The workshops teach individuals how to problem-solve, to take control, self-manage, and improve their own health.

In keeping with EAD's motto of "Aging Smart", both these programs facilitate seniors and their caregivers in living a long and healthy life.

For more information about these programs or for workshop schedules, contact the Senior Helpline at **768-7700**. ☎



The 2010 Census HOW ARE CENSUS DATA USED?



The federal government uses population data to allocate funds in a number of areas:

- Title 1 grants to educational agencies (school districts)
- Women, Infants and Children (WIC) food grants
- Head Start programs
- Programs for the elderly
- Emergency food and shelter
- Disaster relief funds
- Public transportation
- Road rehabilitation and construction

The data helps the private sector as well as state and federal governments determine where jobs and job programs are needed.

Census data are used to administer housing programs and to make informed planning decisions.

Every Census Bureau worker takes an oath for life to protect the confidentiality of census responses.

BE COUNTED!

March 2010 questionnaires delivered

April 1, 2010 complete and return your questionnaire!

For information call 535-0900 (Honolulu Office)
or 697-7201 (Waianae Office)

CALENDAR OF EVENTS 2010

MARCH 2010

3 AARP Driver Safety Program: This is the first and most recognized comprehensive nationwide course designed especially for the older driver. This course is presented in a one-day, 4-hour session. There is a \$14 fee for each attendee. A \$2 discount will be given to AARP members who bring in their 10-digit membership card number. A valid driver's license is also required. A Certificate of Completion will be issued to each attendee at completion of the course. Registration is required.

Waikiki Community Center, 923-1802, Wed, Mar 3, 9 a.m. – 1 p.m.
AARP Information Center, 843-1906, Fri, Mar 5, 12 noon – 4 p.m.
Kaiser Honolulu Clinic, 432-2260, Tues, Mar 16, 12 noon – 4 p.m.
Lanakila Multipurpose Senior Center, 847-1322, Fri, Mar 19, 9 a.m. – 1 p.m.
Queen's Medical Center, 537-7117, Sun, Mar 21, 9 a.m. – 1 p.m.
Kaiser Honolulu Clinic, 432-2260, Tues, Mar 30, 12 noon, 4 p.m.

4 16th Annual Prime Time Wellness Fair, sponsored by First Hawaiian Bank, Kuakini Health System, HMSA, and the City & County of Honolulu's Department of Parks and Recreation. Thurs, Mar 4, 2010, 8:30 a.m. – 1 p.m., Neil Blaisdell Exhibition Hall. Free admission, open to the public. The focus of this event is on the physical, mental and financial well-being of Oahu's senior citizens.

31 Infection Control in the Home, sponsored by Attention Plus Care, Wed, Mar 31, 3 p.m. – 5 p.m. Infection Control is an important part of maintaining wellness and involves taking steps to prevent the spread of infections. Learn simple techniques to protect you and your loved ones through prevention and monitoring. Classes are free and open to the public. "Aging in Hawaii" is a community outreach program sponsored by Attention Plus Care with the mission to provide education and resources for seniors. Call for reservations at **440-9372**.

APRIL 2010

7 AARP Driver Safety Program:

AARP Information Center, 843-1906, Fri, Apr 2, 12 noon – 4 p.m.
Waikiki Community Center, 923-1802, Wed, Apr 7, 9 a.m. – 1 p.m.
Kahala Nui, 585-8886, Sat, Apr 10, 8:30 a.m. – 1 p.m.
Kaiser Waipio Clinic, 432-2260, Mon, Apr 12, 8:30 a.m. 12:30 p.m.
Kaiser Waipio Clinic, 432-2260, Sat, Apr 24, 8:30 a.m. – 12:30 p.m.

APRIL 2010

28 Alzheimer's Care, sponsored by Attention Plus Care, Wed, Apr 28, 10 a.m. – 12 p.m. Identify the warning signs, risks factors, and stages of Alzheimer's disease. Learn helpful tips on caregiving techniques and strategies on how to delay the progression of the disease. Call for reservations at **440-9372**.

MAY 2010

5 AARP Driver Safety Program:

Waikiki Community Center, 923-1802, Wed, May 5, 9 a.m. – 1 p.m.
AARP Information Center, 843-1906, Fri, May 7, 12 noon – 4 p.m.
Kaiser Honolulu Clinic, 432-2260, Tues, May 11, 12 noon – 4 p.m.
Queen's Medical Center, 537-7117, Sun, May 16, 9 a.m. – 1 p.m.
Kawaiahao Church, 522-1333, Sat, May 22, 8:30 a.m. – 1 p.m.
Kaiser Honolulu Clinic, 432-2260, Tues, May 25, 12 noon – 4 p.m.

5 Show & Sell Bazaar, Wed, May 5, 8 a.m. – 10:30 a.m. Food, crafts, white elephant, books. For more information, call Lanakila Multipurpose Senior Center at **847-1322**. ☺

ELDERLY AFFAIRS DIVISION
715 South King Street, Suite 200
Honolulu, Hawaii 96813
Phone: 768-7705

Elderly Affairs Division is the Area Agency on Aging for Oahu. Our mission is to develop and support opportunities that enable older adults to live their fullest capacity in their own homes and communities.

County Executive on Aging
Elizabeth Bethea

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please send us your e-mail address or call **768-7700**. Written contributions are welcomed.



MUFI HANNEMANN
Mayor of Honolulu